

# SAMPLE SNACKS

For many women, eating three meals and three snacks is a challenge. A common question is “What can I have for a snack?” Below are sample snacks to consider. The general information below does not take the place of medical advice from a doctor, nurse, registered dietitian/nutritionist (RD/RDN) or behavioral medicine specialist.

## SAMPLE DAYTIME SNACKS: (15g total carbohydrate)

- ½ toasted English Muffin with 1 tablespoons (Tbsp) natural style peanut butter
- 1 quesadilla (1 small 6 inch tortilla and 1 ounce cheese)
- 6 whole grain crackers with 1 Tbsp natural style peanut butter or 1 ounce cheese
- 1 ¼ cup strawberries with ¼ cup cottage cheese
- 1 cup cantaloupe with ¼ cup cottage cheese
- Apple slices (1 small apple) with 2 Tbsp natural style peanut butter
- ½ turkey or ham sandwich (1 slice whole wheat bread and 1 ounce ham or turkey)
- ¼ cup tuna salad with 6 whole grain crackers
- ¼ cup plain greek yogurt with ½ cup serving of fresh fruit



## SAMPLE BEDTIME SNACKS: (15g total carbohydrate)

- ½ cup brown rice with 1 ounce meat
- ½ ham or turkey sandwich (1 slice whole wheat bread and 1 ounce ham or turkey)
- 1 quesadilla (1 small tortilla and 1 ounce cheese)
- ½ peanut butter sandwich (1 slice whole wheat bread and 1 Tbsp natural style peanut butter)
- ½ toasted English Muffin with 1 ounce melted cheese and sliced tomatoes

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